

# Stress Management

Health Promotion Programs  
Naval Medical Center, San Diego



**FORGE THE FUTURE**  
*Fit Today for Tomorrow's Challenges*

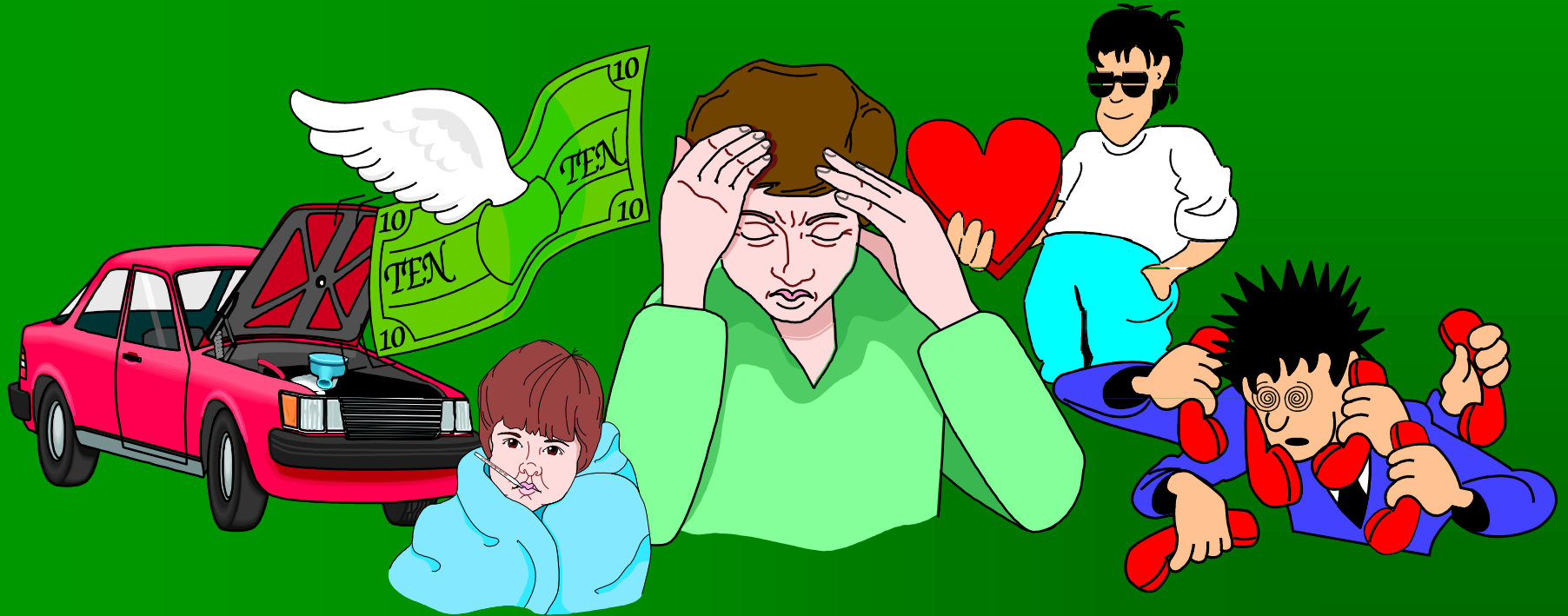
United States Marine Corps



The Ultimate Health & Fitness Club

# Stress Management

Stress is related to life events



**We can't avoid it.**

# Definition of Stress

- ◆ Response to change
- ◆ Perceived threat
- ◆ Drains personal resources



# **Stress: Fight or Flight Response**

- ◆ **Adrenaline pumps**
- ◆ **Breathing speeds up**
- ◆ **Heart pounds**
- ◆ **Blood pressure jumps**
- ◆ **Muscles mobilize**



# Unrelieved Stress Leads to:



- ◆ Muscle and joint pain
- ◆ Stomach pain, indigestion
- ◆ Anxiety, tension, helplessness
- ◆ Anger, irritability, confusion

# Understanding Stress

◆ Perspective

Half full

◆ Self-Talk

◆ Attitude

Half empty

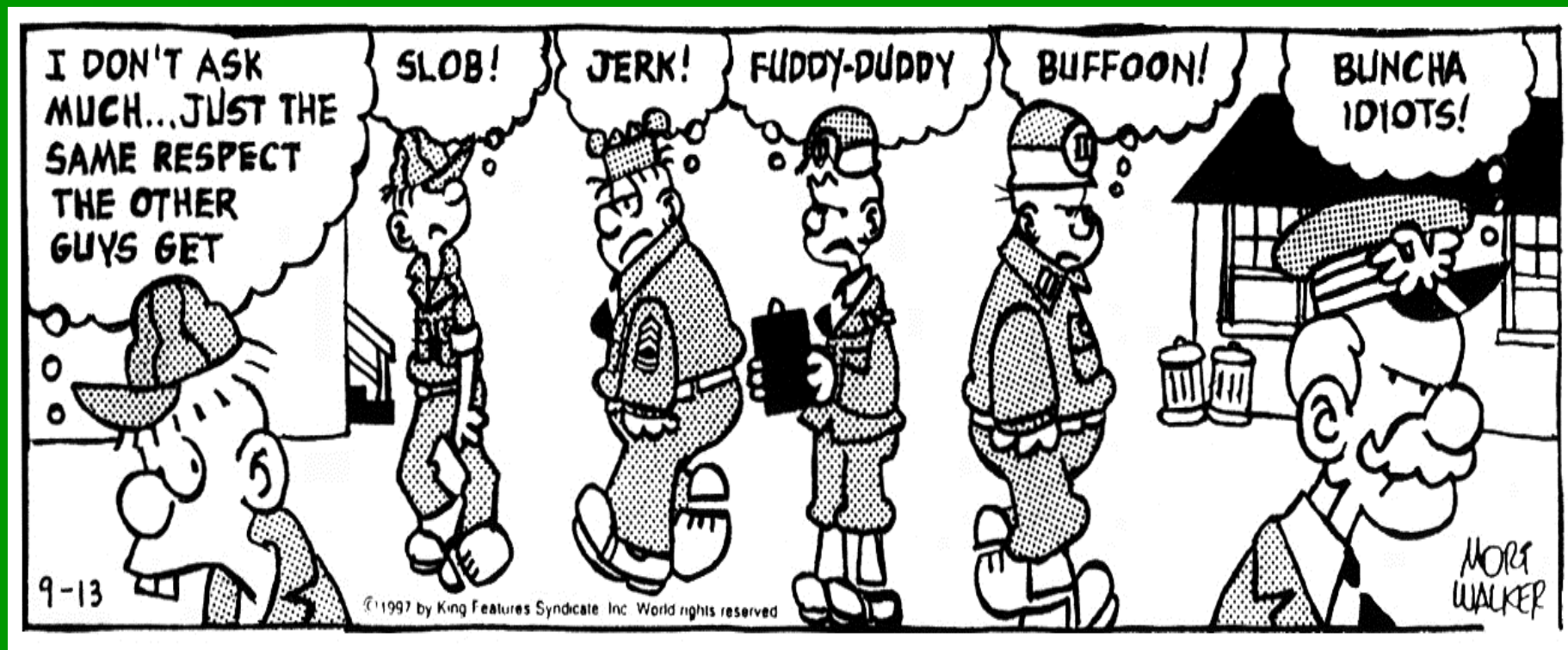


# Short Circuiting Stress

**I can do it!**

- ◆ **Mental**
- ◆ **Verbal**
- ◆ **Physical**

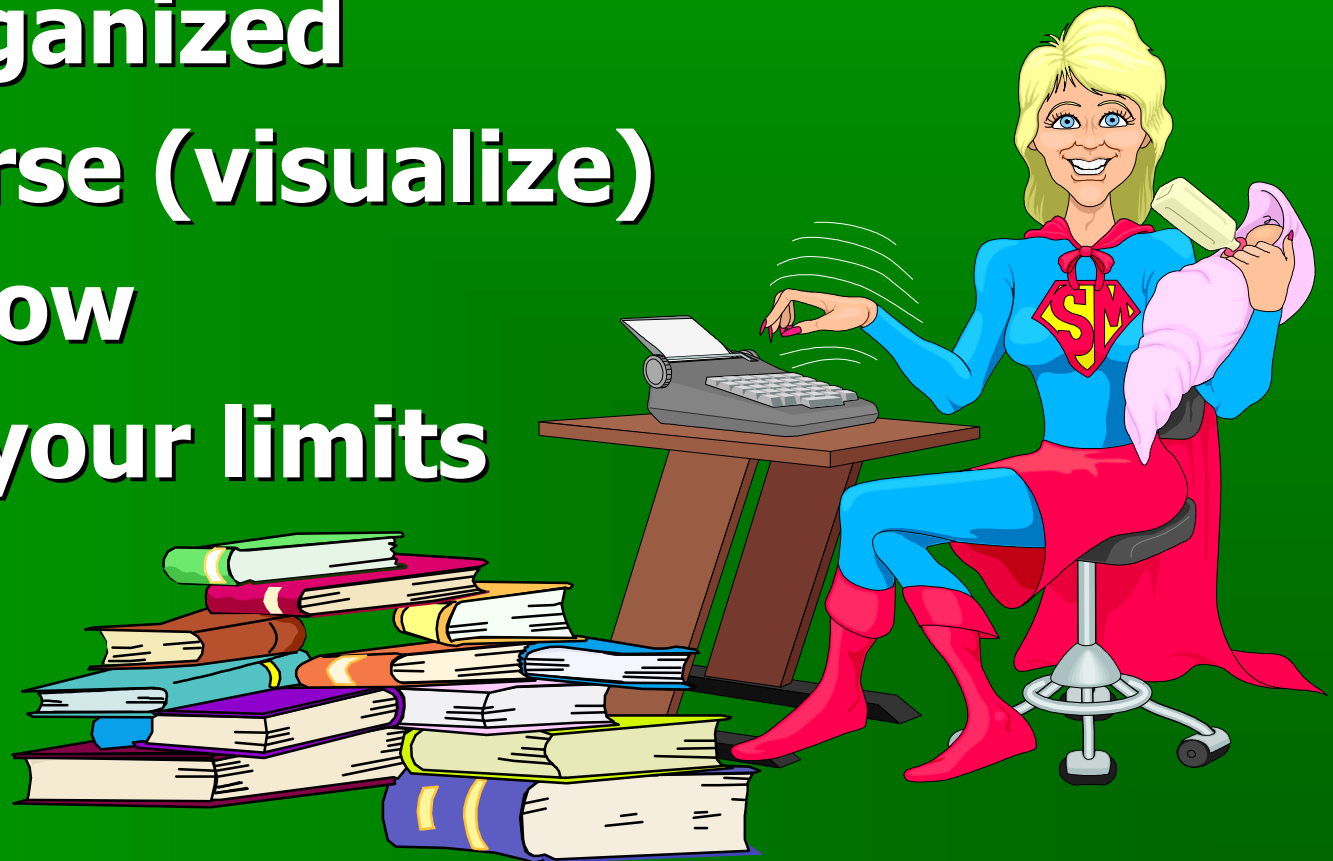






# Stress Busters

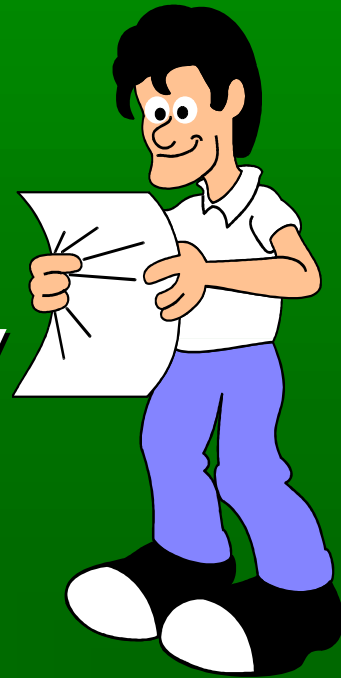
- ◆ Get organized
- ◆ Rehearse (visualize)
- ◆ Do it now
- ◆ Know your limits



# Stress Busters



- ◆ Change your attitude
- ◆ Talk it over
- ◆ Take a break
- ◆ Learn to say "No"



# Stress Busters

- ◆ Schedule your stress
- ◆ Treat your body right
- ◆ Positive self-talk
- ◆ Take charge



# Stress Busters

## ◆ Develop a sense of humor

- ❖ Laugh
- ❖ Distract
- ❖ Heal



# Communication Tips

- ◆ **Prepare your ideas**
- ◆ **Don't interrupt**
- ◆ **Don't discuss when tired**
- ◆ **Be sensitive to moods**



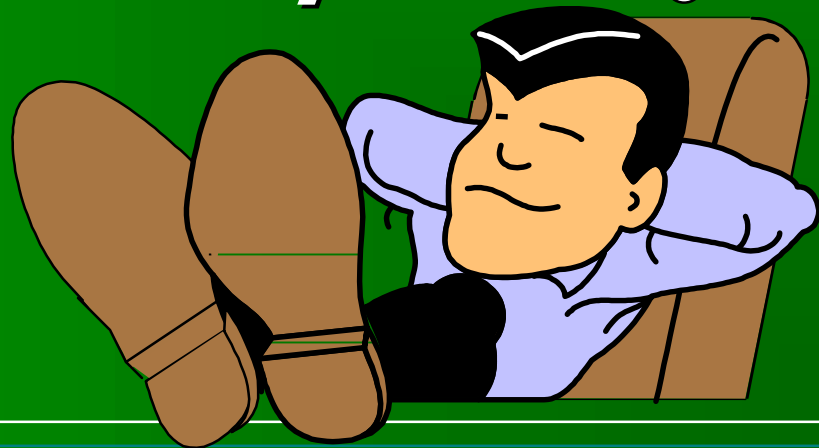
# Communication Tips



- ◆ Pay attention
- ◆ Look them in the eye
- ◆ Ask appropriate questions
- ◆ Take notes, if needed

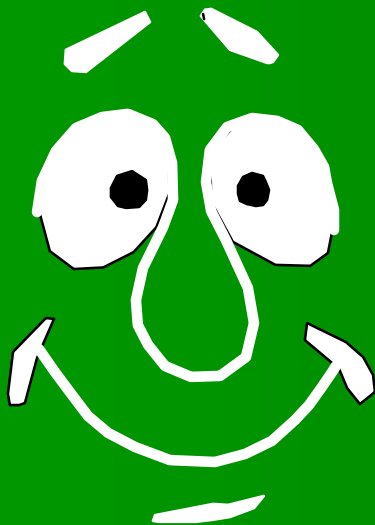
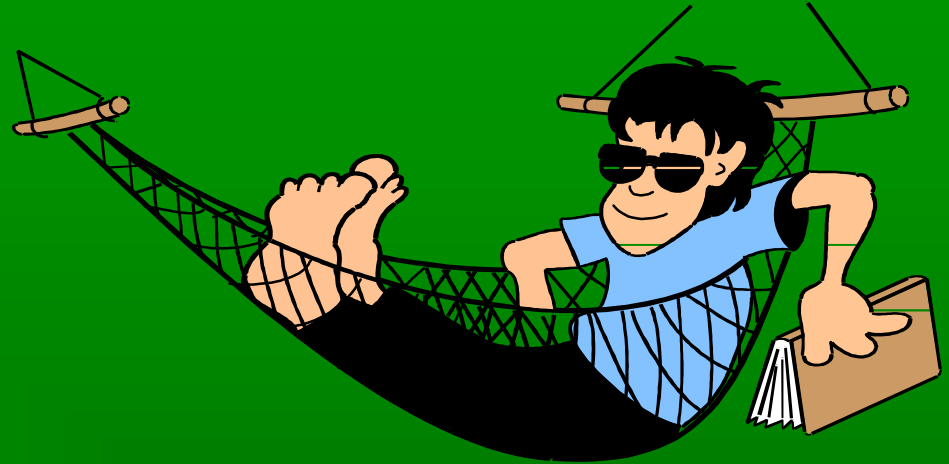
# Guided Imagery Helps

- ◆ Overcome shyness
- ◆ Improve communication
- ◆ Improve confidence
- ◆ Improve athletic ability



# Relaxation

## ◆ Techniques



## ◆ Positive results



# Summary

- ◆ You're in charge!
- ◆ Face your stressors
- ◆ Success comes from practice

